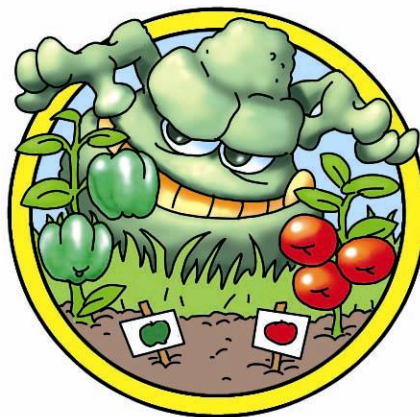




What is foodborne illness?

- An infection or illness often caused by bacteria or a virus which is transmitted by food.





What else do I need to know?

- US food supply is among the safest world-wide.
- However, foodborne illness continues to be a national public health threat.
- Although low, proportion of foodborne illness associated with fresh fruits and vegetables has increased over the last several years.
- Increased fruit and vegetable consumption reinforces the need to handle them properly.





Presentation Outline



- What do I need to know about foodborne illness?
- How can I reduce my risk?
- How can I help others reduce risk?



Presentation Outline

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Reducing your risk



- Safely handling fresh fruits and vegetables is easy.
- Following recommendations does not require any special equipment or training.
- It's important to follow the recommendations every time you handle fresh fruits and vegetables.

Produce graphic illustrating:

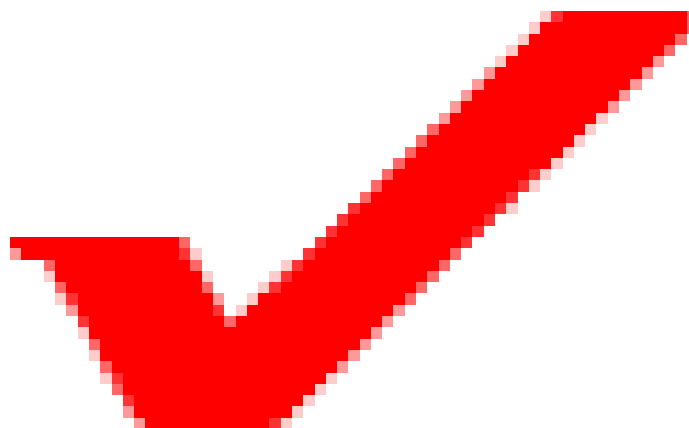
- Check
- Clean
- Cook
- Separate
- Chill
- Throw away





CHECK

- Check to be sure that the fresh fruits and vegetables you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and precut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.





CLEAN

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.





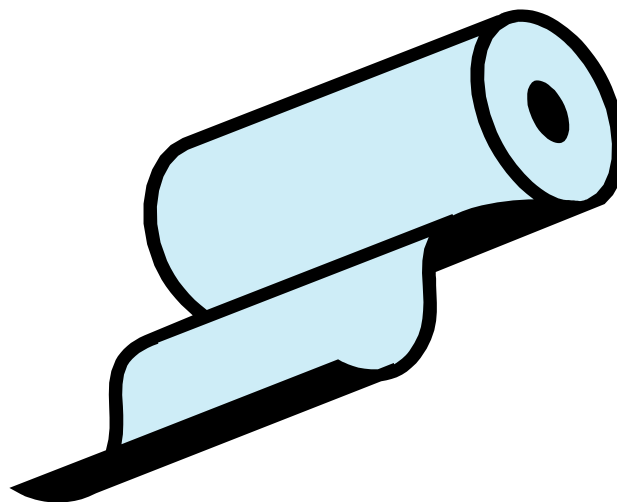
CLEAN

- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready-to-eat”, “washed” or “triple washed” need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.





- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.



← SEPARATE →

- When shopping, be sure fresh fruits and vegetables are separated from household chemicals, and raw foods such as meat, poultry, and seafood in your cart and in bags at checkout.
- Keep fresh fruits and vegetables separate from raw meat, poultry, or seafood in your refrigerator.



SEPARATE

- Separate fresh fruits and vegetables from raw meat, poultry and seafood. Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.





- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.





- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.





THROW AWAY

- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling, or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.
- If in doubt, throw it out!



It's as easy as A, B, C!

Check

Clean

Cook

Chill

Separate

Throw Away

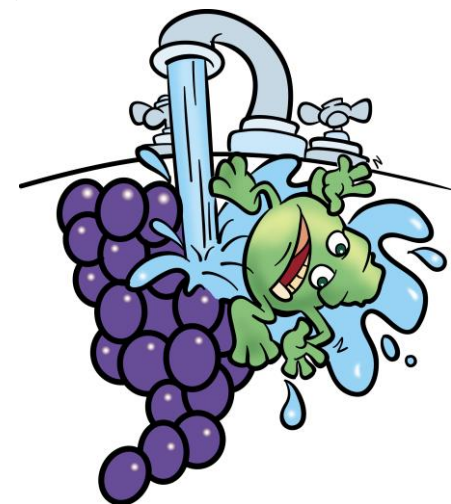


4 **C**'s + **S** + **T** = **Proper Produce Handling**



Visit www.fightbac.org Today!

- Produce safe handling fact sheets and other materials
- Information on safe handling of meat, poultry, seafood, eggs
- Games, fact sheets, online resources for additional information and more!





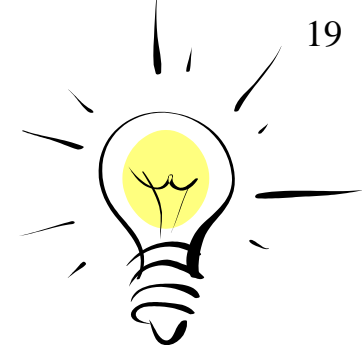
Presentation Outline

- What do I need to know about foodborne illness?
- How can I reduce my risk?
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Ideas for Helping Others



- Introduce children to fightbac.org and scrubclub.com. Proper food handling is important for people of all ages!
- Remind teachers about importance of food safety education and highlight fightbac.org as resource.
- Advise those most “at-risk” (elderly, pregnant, ill) about six simple steps to reduce risk.
- Volunteer to help community organizations organize a presentation about basic safe food handling.
- Sign up to be a BAC! Fighter. Go to www.fightbac.org today!